



Physical Activity and Nutrition Task Force Meeting

Friday, April 15, 2016
9:00am-10:00am
Cudahy Health Department

Attendees: Abby Demler, Allison Dorszynski, Mary Steffenhagen

1. Announcements

- a. Welcome Mary Steffenhagen! South Shore Chiropractic is happy and excited to be involved with HCC and looks forward to upcoming opportunities.
- b. Athletico Physical Therapy is officially looking to hire a technician for fall; please keep eye open for possible candidates and refer them to Allie.
- c. The Cudahy Health Department is now offering a reproductive health program and clinic. They offer free & confidential STD/STI testing, birth control, reproductive health supplies and resources, and pregnancy testing.
- d. The EatPlayGrow UW grant statement of intent was submitted and April 22 the Health Department will receive notification of whether or not they will invited to complete the full application.
- e. Please RSVP to the HCC meeting on April 26th if you have not already done so.

2. Kelly Senior Center: Educational Outreach update

- a. The final flyer was presented at this meeting and can be found as an attachment to the email with the meeting minutes. This flyer was submitted on April 14th for addition to the City of Cudahy Newsletter.
- b. Rogan's Shoes and Athletico Physical Therapy will be teaming up to present "Fit Feet" at the Lunch N Learn June 21. Wheaton physician joining is TBD.
- c. Krystal, public health nurse coordinator, will be presenting "Strokes" on May 17th.
- d. Future presenters TBD, possible collaboration with South Shore Chiropractic September 20.

Your Health Lunch N' Learn Series			
Month	Topic	Presenter	Presenter confirmed?
May	Stroke	Krystal Rafenstein, Health Department	Y
June	Fit Foot	Allie/Athletico, Rogan's Shoes, Physician/Wheaton (TBD)	In progress
July	Diabetes	Health Department	In progress
August	Spices/Herbs	Health Department, Physician/Wheaton (TBD)	In progress
September	Geriatric Depression	Physician/Wheaton (TBD)	In progress

Tasks: Abby will print flyers and a poster for distribution. Flyers will also be sent electronically.

3. Farmer's Market

- a. The final flyer was presented at this meeting and can be found as an attachment to the email with the meeting minutes. This flyer was submitted on April 14th for addition to the City of Cudahy Newsletter.
- b. Passports: The final draft of the adult and then child passports were presented at this meeting. Mary suggested adding a question about water intake. Abby will update drafts to reflect this suggestion. The final drafts will be reviewed at next month's meetings
 - i. How do we want to present the passports? The task force discussed printing the passports on durable paper that is still easy to write on. Another suggestion was to get magnets to hand out with the passports so parents can place the passports on their fridges. Mary will speak with her staff about donating pens to distribute with the passports.
- c. Prizes/Incentives: The task force will begin to request donations for prizes from local businesses in June since the drawing won't be until October. Allie may be able to donate pull string bags.

4. Dog Park/Community Walk Event Discussion

- a. This topic will be revisited later in the year.

5. Do It For Life Survey Results: A survey was developed using SurveyMonkey.com to engage recipients of the newsletter. The goals of this survey were to evaluate the delivery method, assess topic areas addressed and to request feedback and suggestions from recipients. The follow questions were asked:

1. Have you tried any of the recipes from the Do It For Life Newsletters?
2. Would you like to submit a recipe to be featured in the Do It For Life Newsletter?
3. Are there any newsletter topics you would like to suggest?

4. Do you like receiving the Do It For Life Newsletter electronically?
5. What is the best time to send out the Do It For Life Newsletter?

Respondents were given the opportunity to provide feedback, suggestions, and comments in the last survey question.

The survey was sent to “All Users” in the City of Cudahy and 16 responses were received. Overall, electronic delivery method was preferred, but a time of the week was not. Recipes and topics continue to be relevant to recipients. One participant commented that he/she does not wish to receive the newsletters, however, this survey was done anonymously and the respondent did not provide contact information.

Abby will revisit the discussion to share and promote the Do It For Life Newsletter with city organizations each month. In recent months, the newsletter has been shared with the HCC google group, but the task force is wondering if we can deliver paper copies to hand out at organizations, such as Kelly Senior Center or Project Concern.

Next Meeting:

May 20, 2016 (Always the Third Friday of the month.)

9:00 AM – 10:00 AM Cudahy Health Department